

## ASQ Level 1 Certificate in Coaching Golf

Coaching Cards



# What to Coach Cards

# COACHING CARDS

## 'What to Coach' cards / Skills Tests and Games

This section contains technical information, coaching points and skills tests and games for each of the 'what to coach' areas of the game. These documents may be photocopied, laminated and used to support coaching activities.

- Putting
- Chipping
- Pitching
- Bunker
- Full Swing

## 'How to Coach' cards

This section contains information relating to the 'how to coach' areas of coaching, which will be covered on your Level 1 two-day course.

- Safety and Organisation
- Fun
- Instruction and Explanation
- Demonstration
- Observation
- Analysis/Comparison
- Feedback

# PUTTING

## 1 - Introduction

- Check for left handers
- Introduce the putter & when it is used

## 2 - Pre-swing

- Aiming the club, using an 'H' card
- Apply the hold
- Body alignment, using 2 alignment aids (e.g. clubs) and an 'H' card
- Stance and posture
- Position of the ball between the feet – ball in middle between feet



## 4 - Control of distance & Control of direction

- Small swing vs. big swing – backswing & follow through
- Clubface position & swing path direction relative to target
- Demonstrate different lengths of putt – Practice swing first (e.g. 6, 12 & 18ft)

## 3 - Swing shape

- Pendulum like motion.
- Backswing and through swing should be roughly equal
- Smooth rhythm throughout the stroke

## PUTTING (continued)

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### Suggested games / skills test

#### Short putts

- 3 putts from 1ft; 3 putts from 2ft and 3 putts from 3ft
- 1 putter length; 2 putter lengths; 3 putter lengths etc (if successful)
- In pairs – 1 partner putts any short distance, partner tries to putt exactly same distance/hit ball
- Short putts to the hole (3) – try to get ball in or 1ft past hole or a line
- 'Round the compass' – 4 balls – North; South; East; West; - try and putt all 4 – keep score

#### Long putts

- 3 balls putt to far end of green – as near to edge as possible
- 3 balls – short putt 6ft, medium putt 15ft, long putt 30ft (use 3 markers or tees)

- In pairs, 1 partner putts any longer distance, partner tries to putt exactly same length or hit partners ball
- Putt 3 balls – hit the first putt and do not look at where the ball finishes. Hit the next two putts trying to replicate the stroke. The more consistent a player is the closer the 3 balls will be grouped together
- 6 hole putting event – keep your own scores

#### Suggested procedure for organising games and skills test

- Devise a game or skills test
- Plan equipment and space
- Demonstrate
- Group practice
- Record scores and feedback to group

# CHIPPING

## 1 - Introduction

- Check for left handers
- Introduce the club & when it is used
- Flight and roll concept

## 2 - Pre-swing

- Aiming the club, using an 'H' card
- Apply the hold
- Body alignment, using 2 alignment aids (e.g. clubs) and an 'H' card
- Stance and posture - Weight distribution (70/30 front)
- Position of the ball between the feet – ball in middle between feet



## 4 - Control of distance & Control of direction

- Small swing vs. big swing – backswing & follow through
- Clubface position & swing path direction relative to target
- Demonstrate different lengths of chip – Practice swing first (e.g. 6, 12 & 18ft)

## 3 - Swing shape

- Pendulum like motion.
- Descending strike on the ball
- Backswing and through swing should be roughly equal
- Smooth rhythm throughout the stroke

## CHIPPING (continued)

### Suggested games / skills test

#### Shorter chips

- 3 balls short chip off fringe to close hole
- 3 balls short chip at target on green (marker or tee) and then roll to flag
- Target practice, e.g. hula hoop or circle line – 1 point scored for in circle, 5 points in hole. 10 chips each
- In groups of 6 everyone short chips to the pin. Closest gets six points furthest away 1 point
- Chip and putt out competition in pairs

#### Longer chips

- 3 balls longer chip (30ft) off fringe to flag
- 3 balls longer chip at a target on green (marker)
- In pairs, chipping onto green. Each time a player chips successfully onto green or target area, score a point for the pair

- 3 balls vary length of chip – 1 short – 15ft, 1 mid length 25ft and 1 longer 40ft
- Groups of 6 – everyone longer chips to the pin. Closest gets 6 points, furthest away 1 point
- Chip and putt out competition in pairs

#### Suggested procedure for organising games and skills test

- Devise a game or skills test
- Plan equipment and space
- Demonstrate
- Group practice
- Record scores and feedback to group

# PITCHING

## 1 - Introduction

- Check for left handers
- Introduce the club & when it is used
- Flight and roll concept

## 2 - Pre-swing

- Aiming the club, using an 'H' card
- Apply the hold
- Body alignment, using 2 alignment aids (e.g. clubs) and an 'H' card
- Stance and posture - Weight distribution (60/40 front)
- Position of the ball between the feet – ball in middle between feet



## 4 - Control of distance & Control of direction

- Consistent length of swing
- Clubface position & swing path direction relative to target

## 3 - Swing shape

- L shape swing.
- Slightly descending strike on the ball
- Backswing and through swing should be roughly equal
- Smooth rhythm throughout the stroke



## PITCHING (continued)

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### Suggested games / skills test

#### Short Pitch

- 3 balls short pitch onto green – 1 point for each one on green
- 3 balls short pitch over an object – e.g. bunker
- Target practice on green or practice area – points for successful pitches – individual or in pairs
- In groups of 6 everyone pitches towards pin. Closest gets 6 points and furthest away 1 point
- Pitch and putt out competition in pairs

#### Long Pitch

- 3 balls – longer pitch onto green – 1 point for each one landing on green – competition in pairs, fours and sixes
- 3 balls each – pitch over obstacle – stream, water, bunker
- In pairs pitching onto green or target area – each time a player successfully pitches onto the target score a point for the pair (pairs against other pairs)

- 3 balls – vary length of pitch – 1 short, 1 mid, 1 longer
- In groups of 6 – everyone pitches (quite long) towards the pin. Closest gets 6 points, furthest away 1 point
- Pitch and putt out competition in pairs

#### Suggested procedure for organising games and skills test

- Devise a game or skills test
- Plan equipment and space
- Demonstrate
- Group practice
- Record scores and feedback to group

# BUNKER

## 1 - Introduction

- Check for left handers
- Introduce the club & why it is used
- Highlight key rule in a hazard that effects set up

## 2 - Pre-swing

- Aiming the club
- Apply the hold
- Body alignment – lines can be drawn in the sand
- Stance and posture - Weight distribution (60/40 front)
- Position of the ball between the feet – ball to the left of centre



### Safety

- Ensure everyone is safely positioned
- Keep equipment in a safe position
- Explain the possible dangers in the area

## 4 - Control of distance

- Change length of swing and take consistent amount of sand

## 3 - Swing shape

- L shape swing.
- Slightly descending strike on the ball
- Through swing should be slightly longer than backswing
- Smooth rhythm throughout the stroke

## BUNKER (continued)

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### Suggested games / skills test

#### Short shot

- Hit 3 balls onto the green – 1 point for each one on green
- 3 balls – hit one short, next one a little longer, third one the longest
- Target practice on green – lay out a “zone” that the player needs to land in - individual or in pairs
- In groups of 6 everyone pitches towards pin. Closest gets 6 points and furthest away 1 point
- Play the bunker shot and putt out - competition in pairs

#### Long shot

- 3 balls – longer shot onto green – 1 point for each one landing on green
- 3 balls each – hit shot that has a carry to be made to the green
- In pairs hit shots onto green or target area – each time a player successfully pitches onto the target score a point for the pair (pairs against other pairs)

- 3 balls – vary length of shot – start long and reduce distance with each shot
- In groups of 6 – everyone plays towards the pin. Closest gets 6 points, furthest away 1 point
- Play the bunker shot and putt out - competition in pairs

#### Suggested procedure for organising games and skills test

- Devise a game or skills test
- Plan equipment and space
- Demonstrate
- Group practice
- Record scores and feedback to group

# FULL SWING

## 1 - Introduction

- Check for left handers
- Introduce the different clubs & when they are used

## 2 - Pre-swing

- Aiming the club, using an 'H' card
- Apply the hold
- Body alignment, using 2 alignment aids (e.g. clubs) and an 'H' card
- Stance and posture
- Position of the ball between the feet – ball to the left of centre



## 4 - Control of distance & Control of direction

- Club selection & consistency of strike
- Clubface position & swing path direction relative to target

## 3 - Swing shape

- Extend the pitching "L shape swing".
- Body movement - back to the target, belly button to the target
- Arms and club - above the right shoulder, above the left shoulder

## FULL SWING (continued)

### Suggested games / skills test

#### Shorter distances

- Target 1 yard wide, 5 yards from hitting station – 1 point every successful shot – 3 balls each ( in pairs) – count scores
- Target 5 yards wide, 25 yards from hitting station – same organisation
- Marker or flag 75 yards from hitting station pairs versus other pairs competition nearest to the flag

#### Hit to a Fairway

- Place markers out on practice ground to indicate fairway. 5 shots each; each shot between markers, i.e. on fairway scores a point
- As above – every shot on fairway scores 1 point but if ball goes over 75 yards – 2 points, over 100 yards - 3 points etc. Winner is one with most points

#### Drills

- All in (darts) – have to get closer to pin than previous shot to stay in competition
- 5 practice swings with eyes shut – ‘feel’ – no ball

- 5 practice swings eyes open
- 5 swings with a ball one after another – in quick time with a ‘feed’

#### Nearest / longest

- In pairs nearest pin/target – name distance
- Longest shot event – 5 balls each in pairs





#### Suggested procedure for organising games and skills test

- Devise a game or skills test
- Plan equipment and space
- Demonstrate
- Group practice
- Record scores and feedback to group

# How to Coach Cards

The keys to good...





## Safety and Organisation

-  1 Assess the risk (environment, player and equipment). Keep checking throughout the session.
-  2 Plan how you will manage people, equipment and space. Check and re-check that the plan is safe.
-  3 Group players according to number, ability and activity.
-  4 Use group size to control intensity and involvement.

## The keys to good...

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### Fun

-  1 Follow good practice guidelines for working with children.
-  2 Get them active quickly.
-  3 Provide variety and challenge. Maximise involvement and success.
-  4 Praise effort as well as performance.







The keys to good...

## Instruction and Explanation

-  1 Think before speaking.
-  2 Gain attention before starting.
-  3 Keep it simple and stick to one or two key points.
-  4 Invite questions and check for understanding.

The keys to good...





## Demonstration

-  1 Position so all can see and hear.
-  2 Demonstrate the skill (or parts of the skill) more than once, from a number of different angles and at different speeds.
-  3 Focus attention on 1 or 2 key points.
-  4 Invite questions and check for understanding before practice.

The keys to good...





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## Observation

-  1 Break down the skill or action into parts.
-  2 View the skill or action from a number of different angles and a number of times.
-  3 Use a sequence to help you focus on each part of the skill or a coaching point at a time.
-  4 Introduce your observations with 'I saw that' or 'I observed that'.

The keys to good...





## Analysis/Comparison

-  1 Compare your observations with the technical model.
-  2 Identify the matches in skill reproduction.
-  3 Identify the mismatches in skill reproduction.
-  4 Decide whether to reinforce, modify or note but take no action.

## The keys to good...

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# Feedback

-  1 Ask questions to encourage self analysis.
-  2 Give specific information in a positive way.
-  3 Limit information to 1 or 2 key points.
-  4 Check for understanding – what will players do now?

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